

(Breakthrough, VII, No. 1, Winter 1989)

EXPLORER PROJECT

by Rita Warren, Ph.D. and Dave Wallis, M.S.

Rita Warren is a research consultant to The Monroe Institute. She received her Doctorate of Psychology at the University of California, Berkeley and spent a number of years conducting research on juvenile offenders in California. Before moving to Virginia in 1983, she was Professor at the School of Criminal Justice at the State University of New York, Albany. During the past five years, Dr. Warren has directed and conducted over 800 sessions with more than 140 individuals in the Research Laboratory at The Monroe Institute. She is also a member of the Institute's Board of Advisors.

Dave Wallis is a technical consultant to The Monroe Institute who has been actively engaged in the design, construction and development of the Research Laboratory for the past 6 years. Prior to 1981 he served on the staff of Lockheed Missiles and Space Company in Sunnyvale, California as a senior systems test engineer.

Rita Warren and Dave Wallis, in providing an overview of the Explorer project, stated that the primary goal of the program is to obtain information from nonphysical realms while recording the physiological states of the subjects, called Explorers, during these investigations. The fundamental question posed regarding any Explorer session is: "Is the information helpful to man in the physical?"

Rita explained that Explorers typically come from Institute *Gateway Voyage®* and *Guidelines®* programs. Therefore, they are already skilled in the use of certain tools and vocabulary associated with TMI (e.g., the Affirmation and practice with Focus levels). Since 1984, nearly 200 male and female subjects from different age groups and with different levels of education, have participated in more than 1,000 sessions.

Rita explained the duties of the Explorer, the Monitor, and the Technician-the three people involved in an Explorer session. The subject in a session, or the Explorer, has three roles: to have fun, to be helpful to TMI and the world, and to be helpful to oneself. In turn, by maintaining voice communication with the Explorer and by controlling the Hemi-Sync® signal, the Monitor guides each subject into altered states of consciousness while remaining sensitive to the experience of the Explorer, thereby helping the Explorer remain focused on the information being accessed. Working with the Monitor, the Technician obtains physiological measurements and informs the Monitor of any changes. The Technician is also responsible for the video and audio recording of the session.

Thus far, some of the topics explored in the sessions have included death and transition, sleep and dreaming, illness and healing, the nature of time, guidance, other environments or reality systems, and human potential.

Dave explained that Explorer sessions are being transcribed from audio tapes to a written format. This will allow the cross-referencing and/or isolation of desired information concerning sessions, individual Explorers, and subject matter. He described his vision of eventually being able to record the dialogue with the physiological data on a computer disk with signal impulses in order to correspond the dialogue with the data.

Another project on the agenda, with the help of the new Brainmapping system, is the new "Gifted Subjects Program." Its purpose is to analyze the brain waves of Explorers who are proficient in skills such as OBE, remote viewing, and channeling, in order to determine if the data from these subjects indicate common features such as brain wave patterns, which can then be averaged and replicated using the Hemi-Sync technology to help others attain similar capacities.

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.

© 1989 The Monroe Institute